

Fact Sheet:

## Drinking-Related Behaviors

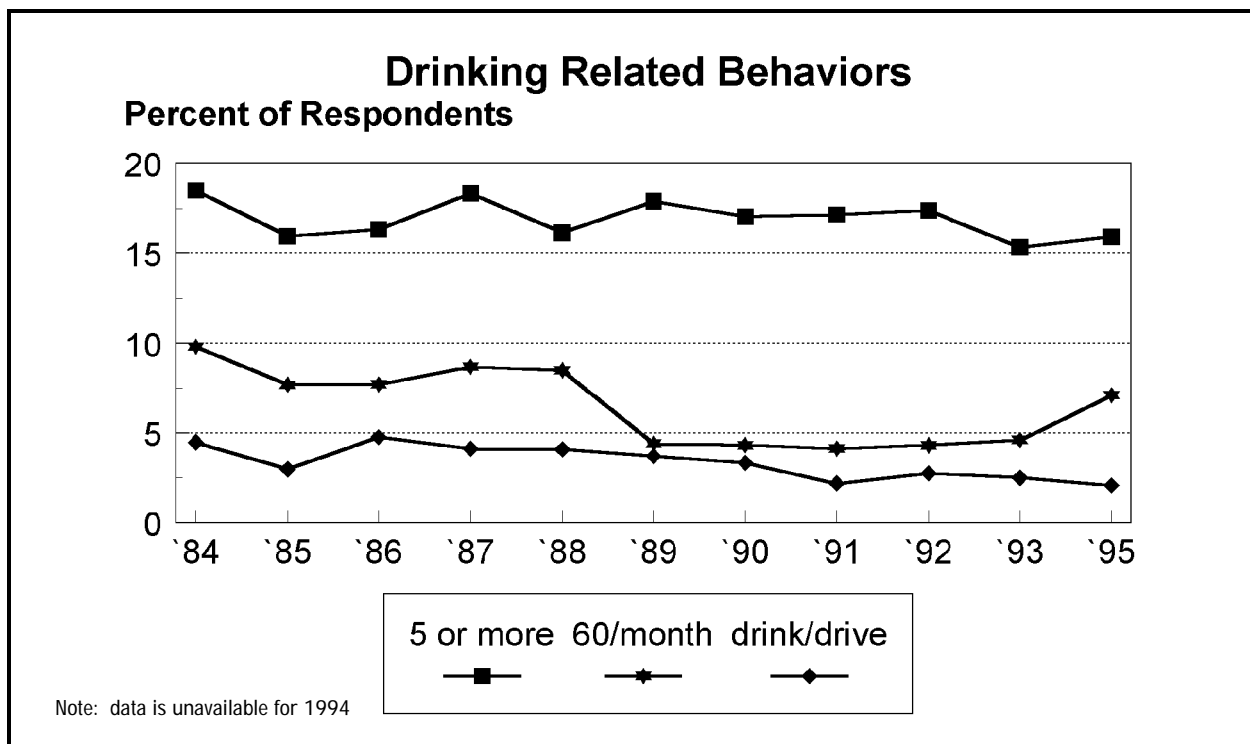
The Department of Alcohol and Drug Programs (ADP) in collaboration with the Department of Health Services (DHS) and the Centers for Disease Control (CDC) has been tracking trends in key drinking-related behaviors in the California adult population since 1984. This fact sheet will focus on measures of three critical behaviors:

- Consuming 60 or more drinks per month

- Consuming 5 or more drinks per sitting
- Driving after drinking too much

### *Why These Behaviors Were Selected*

These specific behaviors along with other health practices and behaviors were selected for study by CDC, because they are related to the leading causes of death. Examples of other behaviors studied in



clude seatbelt use, smoking, and preventive health practices.

## ***Trends***

As can be seen from the chart on the previous page, the percent of respondents who reported *consuming 60 or more drinks* per month varied over time, with a high of 9.8% in 1984 to a low of 4.1% in 1991. The chart also indicates that the percent of respondents who reported *consuming 5 or more drinks per sitting* was relatively stable over time, with a high of 18.5% in 1984 and a low of 15.4% in 1993. A slight decline in the percent of respondents who reported *driving after drinking too much* is presented in the chart. The reported high was 4.5% in 1986 to a low of 2% in 1995.

The following table, which displays data from 1995 only, indicates that men (11.3%) are more likely than women (6.9%) to consume 60 or more drinks per month and that men (22.5%) are more likely than women (6.9%) to consume 5 or more drinks per sitting. Table 1 also indicates

<b>% of Responses — 1995</b>		
	<b><i>Men</i></b>	<b><i>Women</i></b>
60 or more drinks/month	<b>11.3%</b>	<b>3%</b>
5 or more drinks/sitting	<b>22.5%</b>	<b>6.9%</b>
drive after drinking too much	<b>2.8%</b>	<b>0.9%</b>

that men (2.8%) were more likely than women (.9%) to report *driving after drinking too much*.

## ***Conclusions***

The general conclusion presented by these data is that behaviors related to alcohol consumption that pose health risks are more prevalent among men than among women.

Of particular interest is that about 22% of adult men in California consume 5 or more drinks per sitting and almost 3% drive after drinking too much. These behaviors pose health and safety risks to the general population in California as well as to those actually consuming the alcohol.

## ***How the Behaviors Were Measured***

The prevalence of health practices and behaviors in California is measured through the Behavioral Risk Factor Surveillance System (BRFSS). BRFSS is a random telephone survey of adults in California.

Approximately 4,000 survey telephone interviews are completed annually over a 12-month period. Results are weighted to reflect the California population as a whole. BRFSS is coordinated and partially supported by CDC and is conducted by DHS. ADP has supplemented funding to assure the alcohol use information is collected annually instead of biannually, to assure the timely collection of valuable trend data. □